



(703) 538- 4584

Signs Alert Families to Seniors' Assistance Needs

FALLS CHURCH, Virginia — Scorched pans, piles of dirty laundry, an unkempt yard. For the adult children of aging parents, such signs point to the reality that their senior loved one could use a helping hand in carrying out the activities of daily living. While such markers should be a cause for concern, especially if they are out of character, they do not necessarily mean that a senior is nursing home-bound.

“Several factors come into play as we age that make everyday chores and tasks more difficult to manage on our own,” said Mark L. Turner, owner of the Northern Virginia office of Right at Home. “Physical limitations, illness and even depression can affect a person’s ability to take care of herself or her home. The decision to pursue supportive care can be difficult and scary, but there are options for families apart from moving their loved one out of their own home.”

According to Turner, the fact that seniors may need assistance does not mean they need to yield their independence, nor do they even have to leave home. “There are resources within the community, including companies such as Right at Home, which can provide the in-home supportive care and help seniors need to maintain a high quality of life.”

Turner states that there are several warning signs families should look for in assessing whether a senior loved one is in need of additional assistance. These include:

- Not keeping up with household chores.
- Changing relationships with others/withdrawal from social interactions.
- Unusual behavior, such as being overly quiet, loud or agitated.
- Neglecting personal care, including hygiene and nutrition.
- Signs of forgetfulness such as piles of newspapers, unopened mail and scorched pans.

- Mismanaging finances, not paying bills or making unusual purchases.

Any of these changes could indicate a need for additional support for a senior. Turner recommends seeking the advice of a senior care expert or the senior's physician to ascertain the level of care that is required. "Sometimes, all it takes is a few hours of extra help a week to ensure a senior's security and safety when they aren't able to manage certain daily activities," said Turner. "The key is to recognize these behaviors as a sign that assistance is needed, because typically, seniors won't openly admit that they are having difficulty."

Right at Home is a national franchise organization, with a local office that serves the communities of Northern Virginia. Right at Home offers in-home supportive care and medical home healthcare to seniors and other adults to help them continue living independently. For more information on Right at Home, please visit the company's website www.RightatHome.net/NOVA.

**For More Information, call:
Mark Turner, President
Right at Home of Northern Virginia
703-538-4584**

